



# THUMB PINKY SWITCH

CALMING & REFOCUSING STRATEGIES

## HOW-TO DIRECTIONS

### Procedure

- Bend your arms at the elbows with your fists pointed forward
- Start with your thumb up on one hand and your pinky out on the other hand
- Now switch – thumb switches to pinky and pinky switches to thumb
- Start slow and concentrate until you get the hang of it
- See if you can go faster, switching your thumb and pinky at the same time
- When finished, take a deep breath, hold for 5-10 seconds, and then release

### Modifications

- Sit comfortably in a chair, on the floor, or stand



VIRGINIA  
Chief Movement Officer



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